

Hi my name is _____ and this is the 8th principle minute.

Unitarian Universalist around the country have committed to dismantling racism beginning with their own practices, their identity and their own stories.

As with all social justice work, in fact, as with all worthwhile pursuits, the journey towards a Beloved Community is a long and difficult one. It's easy to get tired along the way; it's easy to become overwhelmed by the number of steps before us. Persistence requires self-care.

We sit at home watching the news about the trial of the murderer of George Floyd (I won't pollute my mouth with the murderer's name) and we see a breaking story about the killing of Daunte Wright by police. We're drawn into coverage of the over-policing that led to his death and the resulting protests and we see a story about army lieutenant Caron Nazario, in uniform, harassed and assaulted by police in another traffic stop. We're pulled out of that by the death of Adam Toledo at the hands of police. What fresh horror will divert us from that story?

First responders know that the most important rule when approaching a disaster scene is to make sure they are safe and do not become another victim requiring help. Take care of yourself so that you can complete this good work. Sometimes it is better to do a little less today if it allows you to continue tomorrow and the day after. Seek mutual aid from those working with you. Seek support from those who will help you heal. Engage in practices that allow you to breathe; attend worship services, meditate, exercise, take a break from social media, seek counseling, yell at the TV, play with animals. When that feeling of being overwhelmed threatens to rise up, focus on the one step in front of you, not all of those beyond that.

If we add the 8th principle to the 7, we need to look at our own practices, identity, and stories with a new lens to dismantle the racism in ourselves and our institutions. Together we will continue to educate ourselves and discuss what it means to develop a culture of being accountably anti-racist.

Resources:

<https://www.theroot.com/tips-for-self-care-when-police-brutality-has-you-quest-1790855952>

<https://www.upworthy.com/101-self-care-suggestions-for-when-it-all-feels-like-too-much>